

SELFISHNESS TO BE CHECKED

Wise Mother Will Not Allow the Smaller Children to Impose Upon the Older Ones.

The small boy is loud in his protestations as he and his little chums play together, all of whom are older than he. The boy realizes that the other children are prepared to take advantage of him and the instinctive habit of self-protection, common to all animals, makes him resent the attempt. In his efforts to maintain his own rights he is very likely to become insistent and dictatorial and he will not hesitate to take advantage of the fact that he is younger than the others, and so under the protection of his elders, who he feels certain will be on his side in the discussion.

A child is never too young to be taught that he must not be selfish and must ask no more than his rights. This habit of lording it over all his companions may increase as he grows older unless a wise mother can reason him out of it.

In a family composed for the most part of boys the girls often make life miserable for them by selfishly appropriating the chief pleasures for themselves. Many men who have a poor opinion of women gained this opinion as children in their own homes, where selfish girls were allowed to insist that boys should chivalrously defer to them in everything.

Boys and girls in a family should be brought up in the same way, and what is right for one should be considered right for the other.

"Oh, but you will be a man and give up to your little sister," the mother says, and the selfish girl is allowed to impose on the boy in this way.

Little disputes in regard to family rights should be decided on their merits and not with regard to sex. Boys should be taught to protect their sisters, but should not be allowed to cater to their wishes when these are inspired by pure selfishness.

WANTED "ALL-AROUND" MAN

Australian Employer Would Seem to Require Much From Hand He Was About to Hire.

Applying for a situation at an Australian homestead, the following questions were put to the applicant:

"Can you milk, plow, shear or mend harness?"

"Do you know anything about book-keeping or poultry rearing?"

"Have you ever tried to put in sheep wires?"

"What sort of a carpenter are you?"

"Can you hang a door properly, or do a bit of farriery?"

"How would you start if I asked you to build me a small three-hundred-egg incubator?"

"Do you throw away your skin when you're making butter, or would you sooner put up a few hog sties an' feed pigs?"

After satisfying the owner that he was competent to undertake most of the aforementioned jobs, his wife took the applicant in hand and asked sweetly whether he would object, during spare hours, to giving her children a few lessons in German and French.

Nourish Your Nerves.

People of a nervous disposition need a nourishing, nerve building diet. Eggs served in various ways, milk, cereals, etc., should be a standard part of the diet. Be careful of a lavish use of tomatoes or red beets. Supply your table with quantities of fruit and fresh vegetables and serve bran bread or biscuit frequently. Should you have a tendency to obesity be careful to avoid an excess of starch and sweets. Consult your physician about any special tendency that you know your family or any member of it to possess and, guided by his advice, eliminate such foods as might be harmful. In families where there is no special disposition or hereditary tendency to be considered let common sense guide you, read up on dietetics and keep your table free from unhealthful combinations and indigestible foods. You will find this study an interesting one, but beware of fads. A diet must be varied to be wholesome, and it is better to use spices and condiments in moderation than to let your table lack flavor from overzeal in leaving out everything that is not pre-eminently wholesome.

Proper Judgment.

As William James points out in his little book, it is getting away from ourselves that is our big task in living, getting away from our own selfish and biased point of view, and reaching out to the other fellow and sympathizing with the forces that give him a vitality that is our vitality. "The spectator's judgment is sure to miss the root of the matter, and to possess no truth. The subject judged knows a part of the world of reality which the judging spectator fails to see, knows more while the spectator knows less; and, wherever there is conflict of opinion and difference of vision, we are bound to believe that the truer side is the side that feels the more, and not the side that feels the less."

Protecting the Bison.

It is stated that there are nearly 3,000 bison in national parks, etc., in this country and in Canada. The American Bison society is interested in preventing the extinction of these animals and in trying to foster their propagation; it is said to be meeting with success.

Covering Food.

Use paper bags to cover food or milk that is in a pitcher. This will keep out the dust and there is no danger of slipping off as with a plate.

PHRASE ESTABLISHED AS OLD

Expression "In Our Midst" Is Not Accepted by the Fastidious Users of Our Language.

The phrase, "in our midst," is sound English, but it is not used much by those who have regard for the plain meaning of the words rather than for their idiomatic force. It turns up occasionally in an American newspaper or in a speech in congress, but the more fastidious shun it. It appears to be in good newspaper standing in England, however, for the Daily Telegraph has just used it on two successive days, once in the heading of a leading editorial article, namely, "Germans in Our Midst," and again in a special article, as thus: "The foreign restaurant grew up and flourished in our midst." If the editorial writer had headed his article, "Germans Among Us," it would have been quite intimate enough for personal comfort, while the idea of a foreign restaurant, or even a native one, growing and flourishing "in our midst," is decidedly painful or decidedly grotesque, according as one may feel about it.

The word midst means middle, and sounds all right as Shakespeare used it, "in the midst of the fight," or as the Bible uses it, "in the midst of the garden," "in the midst of the cloud," "in the midst of Jordan," and so on, or in that famous passage, "For where two or three are gathered together in my name, there am I in the midst of them." Where the idea is objective or collective there is nothing unpleasant in speaking of its midst or the midst of them; but when "our midst" is said to be crammed with a hostile people, or with a growing restaurant, the normal meaning is clearly subjective and personal, and is altogether too suggestive of green apple dais and later stomach ache. The idiom is good, but a diagram is required with the usage in order to save one from a wholly extraordinary, not to say nonsensical, indigestion.—Hartford Courant.

NATURE HIDES ITS SECRETS

Scientists, Using the Finest of Instruments, Admit That They Have Learned But Little.

Greenwich (Eng.) observatory was founded by Charles II, mainly for the purpose of investigating the movements of the moon in the interests of navigation, but though generations of astronomers have in the intervening two and a half centuries been working at the problem the moon has not yet been made amenable to their mathematics. The astronomer royal, in his report of the work at Greenwich during the last year, calls attention to the increasingly big deviation between the calculated position of the moon in the sky and its real position as shown by the Greenwich observations.

This deviation has lately been increasing in a serious manner, the error last year being more than 12 times as large as it was 20 years ago, the average annual increase amounting in the two decades to half a second of arc in longitude. The cause of the failure of astronomers to make the moon amenable to their exact mathematics, based on the dynamical laws of gravitation, is believed to be some attractive force of which we are at present ignorant, though in all probability one factor is the true shape of the earth, which still awaits accurate determination. Fortunately the chronometer and wireless telegraphy have made seamen practically independent of lunar observations in ascertaining their position in the trackless oceans.—Westminster Gazette.

Fleas as Broad Jumpers.

The jumping powers of fleas have been much exaggerated, according to a bulletin on these insects recently issued by the department of agriculture. The species known as the human flea (Pulex irritans) is probably the best jumper. According to Mitzmain, the maximum horizontal distance this species can jump is thirteen inches and the maximum vertical distance less than eight inches. The question of the flea's jumping powers is of importance in connection with the spread of bubonic plague and other diseases of which this insect is the carrier. The Indian plague commission, which has investigated the habits of the Indian rat flea, finds its maximum horizontal jump to be only five inches, while Mitzmain records the maximum height to which it can jump as three and one-eighth inches. One species of flea, the "stick-tight," is nearly incapable of jumping.

Amazing Appetites.

If a baby had the appetite of a young potato beetle it would eat 50 to 100 pounds of food every 24 hours. If a horse ate as much as a caterpillar, in proportion to its size, it would consume a ton of hay every 24 hours. A caterpillar eats twice its weight of leaves every day; but a potato beetle devours every day at least five times its weight of foliage, every bit of which represents just so much money to the farmer.

The most destructive of all insects, however, is the grasshopper, which, when in good health, consumes in a day ten times its weight of vegetation. No wonder that whole districts are devastated by its multitudinous swarms.—Tit-Bits.

Covering Food.

Use paper bags to cover food or milk that is in a pitcher. This will keep out the dust and there is no danger of slipping off as with a plate.

WORTHY OF STUDY BY ALL

Lessons Taught in the Book of Ruth Should Find Comprehension in Every Mind.

The Book of Ruth is the greatest pastoral idyl in literature. It is founded on loving kindness, the loving kindness of the Moabitess revealed to her family, and the loving kindness of Boaz, the wealthy Israelite, to Ruth, his kinswoman. It also contains the germ of that great-heartedness which is the center of the gospel of Christian love.

It is a book that opens with tears and famine and ends with the sound of wedding bells. The story turns upon the straightforwardness of Boaz, who showed kindness and manliness to Ruth, a member of a nation that was Israel's foe, and in that kindness founded a new house, the house of Jesse and David, the royal line that begat a greater than David.

It was first the mingling of the blood of the Jew and Gentile, symbolic of the cosmopolitan width of the Christian religion. It was the sign that that religion was not to be founded upon wealth, or upon social caste, but upon the large, wholesome love of the human heart. Boaz is immortal among Bible heroes for his kindness, his plain, everyday generosity, his sense of protection and care for the lonely, unprotected Moabitish girl, his dead kinsman's wife, who in her poverty gleaned in his harvest field after the reapers. Boaz gave order to his reapers that they should allow her to glean even among the sheaves of barley, and by his large-heartedness gained a wife, and, more than that, made a place for himself in that immortal company who are renowned for naught but for being kind.—Christian Herald.

Cottonseed Flour Nutritious.

Flour made from cotton seed is a valuable food for general consumption, and an inexpensive substitute for meat. It is remarkably high in protein, which is the flesh-producing substance of meat, and is readily digested by the gastric juices.

Cottonseed flour is made from the kernel of the seed after the oil has been pressed from it. It is a highly concentrated food and is in no way intended to replace wheat flour or other cereals. It could not safely be used as such because an excess of protein is probably as damaging to the human system as the lack of it. It should be mixed with three or four parts of wheat flour in making into a dough.

No, No.

"Doctor, why can't a man be a food toper as well as a drink toper. Do you believe it?"

"Not at our boarding house here."

Her Wish.

"Snoring, my dear, is the sign of an easy conscience."

"Hubby, there are times when I wish you weren't so contented with your past career."

Value of Old Coins.

In the public mind a coin more than 50 years old is hoary with age and so rare as to be almost priceless, but a silver dollar of 1795 is actually worth no more than \$2 to dealers, and then only if it is in an excellent state of preservation, for a great many of them were coined. A half dollar of 1803 is worth as much as 15 cents more than its face value, but collectors and dealers find that there are so many of them in circulation that there is no profit in buying and selling them. In fact, a person might have a hundred United States coins of different denominations and dates, no two alike, but all more than 100 years old, which would be worth to a dealer not over \$10 above their face value.

Modest Hero.

At an English county station a little child, owing to the rush of a crowd of trippers, was pushed over in front of an outgoing train. Quick as a flash a workman jumped on to the track, threw the child on to the platform and scrambled up himself, but scarcely quick enough, as the engine in passing rolled him over on the platform.

Several people hastened to his succor, but he rose uninjured, and with a face expressive of extreme concern drew out of his pocket a colored handkerchief containing his day's victuals, which he cursorily examined, and then ruefully exclaimed: "Confound it! Just my luck!"

"What is the matter?"

"Why, I've broken two eggs and a rhubarb tart, and it's all mixed up with my tea and sugar."

Not Always What They Seem.

"Tony," said a British officer to his soldier-servant, "something tells me that I shall never come back alive. I seem to have a presentiment that way."

"Then take no heed of it, sir," responded the servant. "Them presentiments is frauds. A cousin of mine had one once, and it treated him very badly. It was just like the one that's trouble'n' you now, sir. He felt sure that he'd be killed out in Egypt, so he divided his savings between his sweetheart and his bosom chum, and went out to be shot. But never a scratch did he get."

"And what happened when he returned home? Did they give him back his money?"

"Not a farden, sir. They'd been and got married while he was away, and they'd set up housekeeping with the money."

LOOKING ON THE SUNNY SIDE

Anything Is Better Than to Give Oneself Over to Pessimism That Will Spoil Everything.

Since we all have more or less misfortune to meet let us strive to meet it in the right way. Why sit down and bewail the ill luck that is ours? Why turn our sorrow over and over in our minds, seeing in it ever new phases of misfortune? No! Let us stand up beneath its weight, no matter how heavy the load may seem, and, with our eyes fixed on the glimmer of light, let us walk swiftly out of the dark paths into the sunlight.

Once we have learned to walk on the sunny side of life darkness will have no further terrors for us, for we will carry our sunshine around with us in the depths of our hearts. The sunshine of the mind is far warmer and brighter than the sunshine which we see and feel with our physical senses.

Once we have gained the true sense of real mental sunshine we will have the means to pull ourselves out of every Slough of Despond without any outside aid. For just as Bunyan's Pilgrim's Progress was mental, so it is with all of our journeys through life. What we really accomplish must first be worked out in mind.

Learning to pick out the gleam of light from the dark path, learning how to avoid the sloughs of despond and how to walk in the sunshine is not easy, but even the attempt at learning these lessons brings its reward of happiness and peace. Every little effort in the right direction brings such beautiful returns that the only wonder is that so few of us make the effort.—Pittsburgh Dispatch.

Feminine Haste.

"Oh, let us learn to wait," writes Margaret Deland about the change in the feminine ideal. "It does not follow that we must be idle because we refuse to be precipitate; it may only mean that we have a faith that is large in time, and in that which shapes it to some perfect end."

"Indeed, there seems to me a certain unhumorous arrogance in this bustling, feminine haste to make over the world—it is as if we thought ourselves so important that nothing could go right without us."

"It is the same sort of hurrying 'anxiety to do' which every housekeeper of us knows so well in her little daily affairs, an anxiety that adds so successfully to the discomfort of our families."

"Yet, when you come to think of it—it may not be flattering—but when an illness sweeps us off our feet or some duty calls us upon a journey, how well our families do get along."

Treat Children's Colds Externally

Don't dose delicate little stomachs with harmful internal medicines. Vick's "Vapo-Rub" Salve, applied externally, relieves by inhalation as a vapor and by absorption through the skin. Vick's can be used freely with perfect safety on the youngest member of the family. 25c, 50c, or \$1.00.

VICK'S "VAPORUB" SALVE

ABLE TO APPRECIATE JOKE

Woman That Could Laugh Even When the Humor of Incident Was Against Her.

This is an extract from a letter written by a woman who is willing to share a good joke, even if the laugh is at her own expense:

It was a damp, windy day—the sort of day that turns straight, straggly blonde hair like mine into a mass of strings and ends that stick out about the face and neck with frightful effect. I was downtown on a shopping expedition that was exceptionally trying, and I knew I looked so badly that I carefully avoided all chance glances into mirrors, for I was sure I could not, under the circumstances, improve my appearance much. Recklessly I entered an ice-cream shop with a friend whom I happened to meet. As I placed my shopping bag on the floor near the table at which we were to sit, another bag, exactly like my own, was put beside it. Quite naturally my glance followed the hand and arm up to the face of my neighbor, and as I met her look, I said to myself, "She has hair just like mine—sticking out in every direction—and she looks even worse than I do poor thing!"

Naturally, my heart went out to her in a great wave of sympathy. We smiled simultaneously as our troubled eyes met, and I said, aloud and quite distinctly, "If we are not careful, we shall get our shopping bags mixed!"

The moment the words were out of my mouth I wished very earnestly that the floor would mercifully open and let me through. It did not require the subtleties of the snickers from the nearby tables to awaken me to the realization that I had been addressing the image of myself in the mirror of which the entire side of the shop was formed. Do you get the picture?—Youth's Companion.

Memories of insects.

Euglenae and practically all microscopic animalculae, even of the most simple nature, have been found to have association of ideas, or, better, associative memory. That is to say by rewards of food and punishment of one sort or another, they learn definite performances. In brief, they associate the act with the consequences. Bedbugs and cockroaches, no less than fleas and plant lice, have been actually trained to obey the whip. Professors Szymanski, Holmes, Bone, Brundin and Mast are but a few of those zoologists who have studied the "learning process" and behavior of such insects.

The Sorrow of it.

"Is there no hope about the Jinks' rich old uncle?"

"None, whatever. The doctor told them this morning he was likely to live for years."

British Torpedoes.

The torpedoes used in the British navy are of three diameters—14 inch, 18 inch, and 21 inch—and they vary in length from 16 feet to 18 feet. As soon as a torpedo hits its mark it explodes automatically. Every torpedo fired in action represents an expenditure of from \$3,000 to \$4,000.

REMEMBER
Pe-ru-na
When You Call At Our Drug Store

Mr. Robert H. Norris, No. 1333 Henry St., North Berkeley, Cal., writes: "We have never had any other medicine but Peru-na in our home since we have been married. I suffered with kidney and bladder trouble, but two months treatment with Peru-na made me a well and strong man. My wife felt weak and was easily tired and was also troubled with various pains, but since she took Peru-na she is well and strong."

Lancaster & Chester Ry. Co.

Schedule in Effect August 15, 1915.

Eastern Time.

WESTBOUND.

Lv. Lancaster . . . 6:00am—2:30pm

Lv. Port Lawn . . . 6:30am—4:05pm

Lv. Bascomville . . . 6:45am—4:25pm

Lv. Richburg . . . 6:55am—4:45pm

Ar. Chester . . . 7:30am—5:25pm

EASTBOUND.

Lv. Chester . . . 6:00am—6:45pm

Lv. Richburg . . . 6:45am—7:27pm

Lv. Bascomville . . . 6:55am—7:35pm

Lv. Port Lawn . . . 7:05am—7:55pm

Ar. Lancaster . . . 11:00am—8:25pm

Connections—Chester with Southern, Seaboard and Carolina & North-western Railways.

Port Lawn, with Seaboard Air Line Railways.

Lancaster with Southern Railway.

SOUTHERN RAILWAY.

Premier Carrier of the South.

PASSENGER TRAIN SCHEDULES.

Trains arrive Lancaster from:

No. 118—Yorkville, Rock Hill and intermediate stations 8:31 a. m.

No. 113—Charleston, Columbia and intermediate stations 10:05 a. m.

No. 114—Marion, Blacksburg, Charlotte and intermediate stations, 1:35 p. m.

No. 117—Columbia, Kingsville and intermediate stations, 7:41 p. m.

Trains leave Lancaster for:

No. 118—Kingsville, Columbia and intermediate stations, 8:31 a. m.

No. 113—Rock Hill, Blacksburg, Marion, Charlotte and intermediate stations, 10:05 a. m.

No. 114—Kingsville, Columbia, Charleston and intermediate stations 1:35 . . .

No. 117—Rock Hill, Yorkville and intermediate stations, 7:41 p. m.

Schedule figures are published as information only, not guaranteed.

For information as to passenger fares etc., call on

Notice of Discharge.

Notice is hereby given that the undersigned will, as guardian of Springs Baskins, on the 9th day of January, 1916, make his final return as such guardian, and apply to the probate court of Lancaster county for letters of discharge.

R. A. BLACKMON,

Guardian of Springs Baskins.

Dec. 19, 1915.

Prince Albert is such friendly tobacco

that it just makes a man sorry he didn't get wind of this pipe and cigarette smoke long, long ago. He counts it lost time, quick as the goodness of Prince Albert gets firm set in his life! The patented process fixes that—and cuts out bite and parch!

Get on the right-smoke-track soon as you know how! Understand yourself how much you'll like

PRINCE ALBERT

the national joy smoke

It stands to reason, doesn't it, that if men all over the nation, all over the world, prefer P. A. that it must have all the qualities to satisfy your fondest desires?

Men, get us right on Prince Albert! We tell you this tobacco will prove better than you can figure out, it's so chummy and fragrant and inviting all the time. Can't cost you more than 5c or 10c to get your bearings!

Buy Prince Albert everywhere tobacco is sold—in tippy red bags, 5c; tidy red tins, 10c; handsome pound and half-pound tins, 10c—and in that classy crystal glass pound humidor with sponge-moistener top that keeps the tobacco in such great trim!

R. J. REYNOLDS TOBACCO COMPANY Winston-Salem, N. C.